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Quints' legacy deserves better, Vicky Mochama metroVIEWS

SANTA SPEAKS OUT

University of B.C. president shares his struggle with depression

metroNEWS

COURTESY PAUL JOSEPH/UNIVERSITY OF BRITISH COLUMBIA

Indigenous issues well known: Poll

QUALITY OF LIFE

Expert pleased but progress remains slow

David P. Ball
Metro | Vancouver

Canadians see staggering unemployment rates and unsafe housing as the top issues that must be addressed when it comes to Indigenous people, according to a Nanos opinion poll.

Those surveyed list access to clean drinking water, financial transparency and self-sufficiency as the next highest priorities.

That those issues topped a to-do list came as little surprise to the director of the First Nations House of Learning at the University of British Columbia.

"Those are very important issues," Indigenous studies associate professor Linc Kesler said. "If I'm surprised, it's that so many people are aware of them. I'm very pleased that people are that aware."

With on-reserve unemployment in British Columbia four times that of non-Indigenous residents, and several reserves under prolonged boil-water advisories, Kesler said the poll results at least show broad public awareness. But he added that solving such crises also depends on governments showing the "political will" to change course — and an understanding of how previous "solutions" have actually inflicted more harm.

"We're a country with a lot of expert knowledge in a lot of areas," he argued. "It should be possible to make much better progress."

The poll was commissioned by the Assembly of First Nations, which called the results "important and encouraging."

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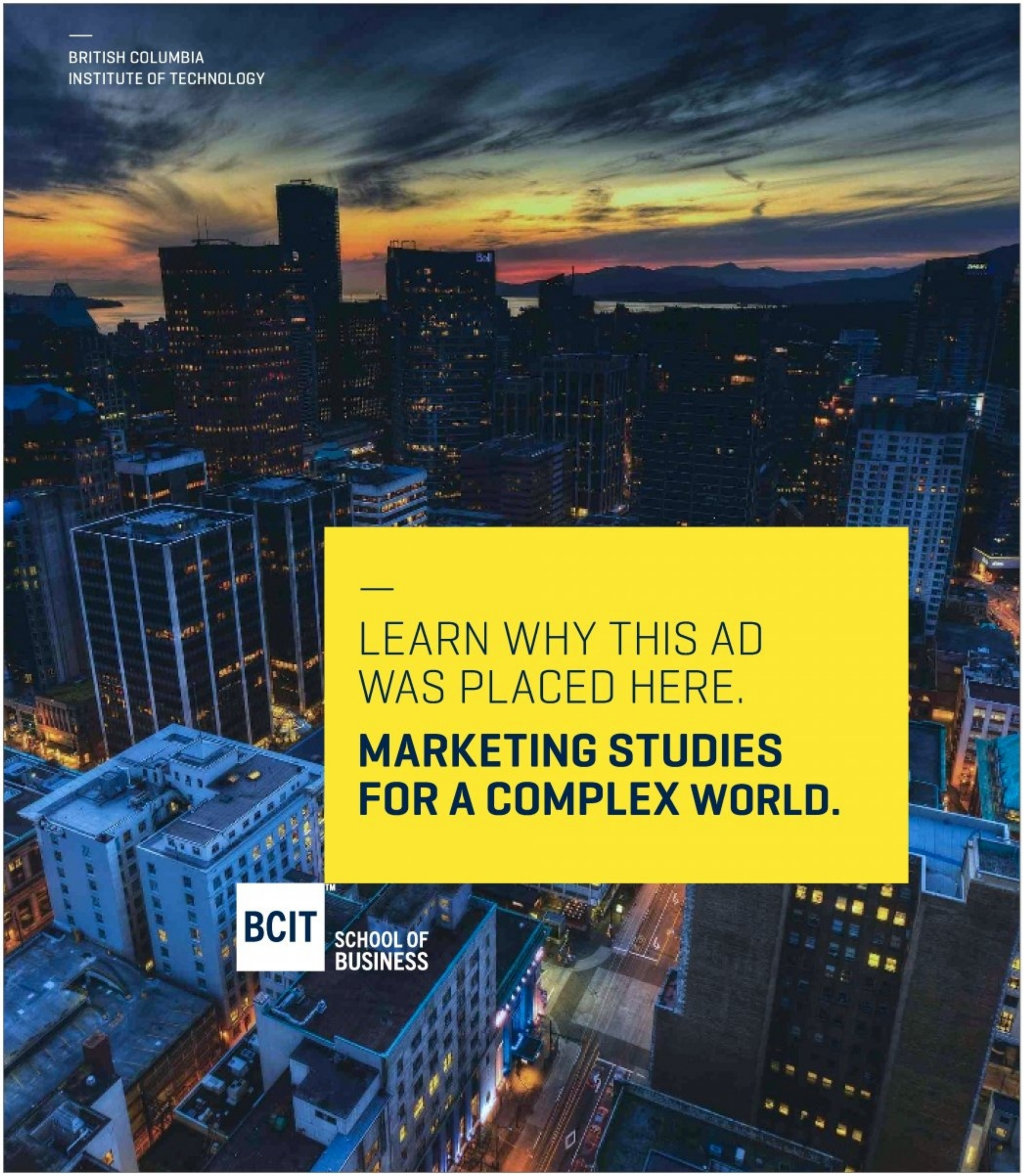
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Victoria mayor calls for halt to camper ticketing

CITY HALL

Lisa Helps wants to help after hearing 'some concern'

Jen St. Denis
Metro | Vancouver

Get caught sleeping in your car or camper van in Victoria, and it could cost you up to $75.

With rental vacancy rates in the city at just 0.5 per cent, the mayor of Victoria is now hoping to change a bylaw that prohibits people from sleeping in their vehicles.

"I've heard some support, some concern," said Lisa Helps of her motion, "but generally outrage that we're in a prosperous country, it's the 21st century, and there are working people living in their vehicles."

Victoria's current bylaw specifically targets people who attempt to sleep overnight in their vehicles.

Helps wants to amend the bylaw so it is not enforced when the rental vacancy rate is at or below three per cent. Victoria's vacancy rate is currently even lower than Metro Vancouver's vacancy rate of 0.7 per cent.

Vehicles being lived in on a Vancouver street in July 2016. ROB KRUYT/METRO

> We're in a prosperous country ... and there are working people living in their vehicles.
> Victoria mayor Lisa Helps

In both regions, soaring property prices and tight rental conditions have led to rent rates spiking.

As Victoria's vacancy rate has fallen, there has been an increase in people ticketed for sleeping in vehicles: 80 tickets were issued in 2014; 62 in 2015; and 176 in 2016.

Helps said she first became aware of the issue when someone "speaking on behalf of working people in Victoria who are also living in their cars" messaged her privately on Facebook.

Camper vans are a common site on many of Vancouver's residential streets and industrial areas.

Vancouver does not have a bylaw prohibiting sleeping in vehicles, but officers will respond to complaints about vehicles that violate city parking rules: oversize vehicles (taller than seven feet, three inches, or longer than 21 feet) cannot be parked for longer than three hours next to a business.

Between 10 p.m. and 6 a.m., oversized vehicles can't park at all unless the user has a street-use permit. Similar rules apply to oversized vehicles parked beside a home, school, church or park.

The number of complaints about oversized vehicles in Vancouver has been rising, from 865 complaints in 2012 to 1,312 in 2015.

The District of North Vancouver and Surrey also do not allow people to sleep in vehicles, while in Burnaby, there is a rule that prevents people from living in camper vans on private property (even if they own the property).

People who live in their vehicles are considered homeless, although several Vancouver residents Metro spoke to for a July 2016 story did not see themselves that way.

Extradition 'surreal' to mother in Todd case

The mother of a British Columbia teenager who took her own life after enduring cyberbullying says it's "just surreal" that the Dutch man charged in her daughter's case has been approved for extradition to Canada.

"Today is my birthday and this is the best birthday present ever," Amanda Todd's mother Carol Todd said from her home in Port Coquitlam.

The Dutch Supreme Court has approved the extradition of Aydin Coban. The RCMP laid charges of extortion, importing or distributing child pornography, possessing child pornography and child luring against the 38-year-old in 2014, two years after Amanda Todd, who was 15, died by suicide.

None of the allegations have been tested in a Canadian court.

It was not immediately clear when Coban would be sent to Canada. His extradition must be approved by the Dutch security and justice minister.

Coban was sentenced to 10 years and eight months in prison last month by a Dutch court in a separate case. The court in the Netherlands convicted him for fraud and blackmail via the Internet for cyberbullying dozens of young girls and gay men.

He was accused of abusing 34 girls and five gay men, behaviour the court called "astonishing." In some cases, the abuse lasted years.

THE ASSOCIATED PRESS

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Stamps Place, one of the first government-owned social housing sites to be sold to a non-profit society under a wide-ranging asset sale. JENNIFER GAUTHIER/METRO

Low-income housing at risk because of big sale

HOUSING

Sell-off encourages non-profits to raise rents

Jen St. Denis
Metro | Vancouver

B.C. is set to lose thousands of apartments currently targeted for the province's most needy under an ongoing social housing shift that relies on market rents to subsidize building operations.

"We estimate that a third of social housing units are at risk of being lost as affordable units to the market, or (to building) deterioration," said Kishone Roy, executive director of the BC Non-Profit Housing Association.

Roy was responding to a report from B.C.'s Auditor General that criticized the sale of hundreds of government-owned social housing properties to non-profits.

Carol Bellringer found that the sell-off is expected to net the government $500 million for an immediate reinvestment in social housing, but will cost government $1 billion over the next 35 years because it has agreed to help pay the non-profits' mortgages to the tune of $30 million a year.

Bellringer said government had failed to make a long-term business case for the program, explain what problem it was fixing or demonstrate that the asset sale program will make social housing more sustainable in the future.

Another issue Bellringer identified was the movement away from rent-geared-to-income units — the most expensive form of social housing for governments and social housing providers to run, but the only model that guarantees tenants will pay no more than 30 per cent of their incomes to rent.

In a response to the report, B.C.'s minister responsible for housing, Rich Coleman, said the program is intended to make non-profit housing providers more financially stable.

He said several non-profits have been able to build more social housing buildings since gaining ownership of properties.

Most of the new units currently being built with the $500 million will likely not be rent-geared-to-income, Bellringer said: "Although proposals for these units are still under review, early indications suggest that most units will charge low-end-of-market and market rent, with only the potential for some rent-geared-to-income."

> **We estimate that a third of social housing units are at risk of being lost as affordable units to the market.**
> Kishone Roy, BC Non-Profit Housing Association

When two BC Housing buildings in Vancouver's West End were sold to non-profits, the contracts stipulated that the new owners can change the rental rates when tenants move out, said Spencer Chandra Herbert, MLA for Vancouver-West End.

That means that eventually around 50 per cent of the buildings will be for people living on disability, welfare or old age security, while the other half will be set at middle-income rates "for folks making up to 66,000 a year," Chandra Herbert said.

"We need housing for those folks too," he acknowledged, "but we're having a low-income housing crisis."

Pressure to raise rents comes directly from the provincial government, Roy said.

"What is being proposed by government and by the design of these contracts is when someone leaves the unit, then it's replaced at market rent or the low end of market so that adds some funds to the project to keep it viable," Roy said.

"I hear from my members all the time that they don't want to increase rent."

Roy believes the asset sale was a good program, because non-profits now have the ability to use their asset to raise financing to repair or redevelop their properties.

For years, he said, the non-profit sector has waited for government to step in and help, but "they've done nothing."

"Regardless of the land transfer, the viability of a lot of these buildings and units is still in question," Roy said.

"This helps it solve it somewhat ourselves, but it doesn't mean that all of a sudden we have enough money to repair the buildings, or keep rents low."

To do that, the province or federal government will need to increase the amount of money directed towards rent subsidies. Roy noted that when units of rent-geared-to-income social housing are lost, it will cost hundreds of thousands of dollars and many years to replace that housing.

Ryan LaForge, says he was "arrested and charged for assault" for conducting a "citizen's arrest." FACEBOOK

Creep Catcher gets arrested

VIGILANTES

Leader says he was cuffed, charged during citizen's arrest

The president of the vigilante group Surrey Creep Catchers says he was arrested Monday night following a confrontation with a man the organization's members accused of being a pedophile.

The group targets people they allege are child sexual predators by posing as minors online, arranging to meet their targets and filming the encounters, which are then published on the Internet.

Ryan LaForge, president of the group, posted a Facebook Live video late Monday saying he was "arrested and charged for assault" after conducting a "citizen's arrest" of a target.

He says he was released after posting $1,000 bail and described the incident as "well worth it."

LaForge could not be reached from comment.

Asked about LaForge's comments on Facebook in connection to the arrest, Surrey RCMP says its officers received reports of alleged child luring and assault on Monday night, but it would not confirm the names of anyone involved.

The RCMP say one person was arrested and released on a promise to appear in court at a later date.

The Mounties say the incident remained under investigation and no charges were laid.

In the statement, police say they do not condone vigilantism because of the safety risks for those involved.

"Vigilantism, no matter how well meaning, does not involve police, and therefore is void of ongoing safety considerations," Cpl. Scotty Schumann said.

"Vigilantism is a risk to the safety of all those involved including victims, or potential victims, the alleged suspects, and/or the safety of those persons intent on broadcasting the suspected crime." THE CANADIAN PRESS

Vancouver calls for changes to tax regime

Jeff Hodson
Metro | Vancouver

The Metro Vancouver regional district is calling for changes to B.C.'s "antiquated" property-based tax regime.

In a public callout to all parties in next month's provincial election, the regional district pleaded for changes to the B.C. Home Owner Grant, the Property Transfer Tax and the School Property Tax.

A recent report commissioned by Metro Vancouver found that homeowners in the Lower Mainland pay three times more school property tax per household than the rest of the province. As well, the rapid increase in home values mean fewer homeowners are eligible for the province's Home Owner Grant, which covers a portion of property taxes for homes worth less than $1.6 million.

The changes being proposed include pegging the Home Owner Grant threshold to home prices within Metro Vancouver so that 91 per cent of homes would fall below it, and to invest revenue generated by the Property Transfer Tax within Metro Vancouver back to local government to pay for infrastructure.

ENVIRONMENT

City earmarks $1M for resilience officer

Wanyee Li
Metro | Vancouver

The City of Vancouver's new Chief Resilience Officer, Katie McPherson, will have more than $1 million in funds and support from the non-profit, 100 Resilient Cities, to put toward infrastructure, sustainability, and housing.

The non-profit is funded by the Rockefeller Foundation and aims to help cities plan for natural disasters like earthquakes and work on long-term planning issues like sustainability and transit.

100 Resilient Cities gives its cities access to 100 partners that can help cities with diagnostic analysis, risk and hazard assessment, financial analysis, data management, social services, and more, according to the non-profit.

"In an era of global uncertainty, climate change, and growing local pressures, this is an important opportunity for our city," said McPherson in a written release Tuesday.

The deputy city manager told Metro last year — when Vancouver's place in 100 Resilient Cities was first announced — that some of the $1 million in funding and support would go toward housing affordability.

Other issues the city is aiming to address in the strategy include social inequality, earthquake preparedness, and climate change challenges like sea-level rise.

At least one academic has said the 100 Resilient Cities initiative is a sign that those working outside of government are starting to recognize the important role that cities play in people's lives.

"There just isn't the kind of funding (available) to address the kind of issues that cities have to face," said UBC geography professor, Penny Gurstein.

"Ideally, it would be good if this was coming from government. But it's not."

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‘A powerful act of change’

MENTAL HEALTH

UBC president opens up about struggles with depression

Wanyee Li
Metro | Vancouver

University of British Columbia’s president opened up for the first time Tuesday about his struggle with mental health and how he twice tried to take his own life.

Santa Ono spoke at the Healthy Minds: Healthy Campuses Summit and highlighted UBC’s commitment to providing mental health support to students, faculty, and staff.

He said he decided to share his own struggle with depression in hopes people who are experiencing mental health issues would feel less alone.

About one in seven young people in B.C. will experience mental health illness at some point, according to the Canadian Mental Health Association, the organization that hosted the conference where Ono was a keynote speaker.

“The first time I tried to take my own life was at that age, between 14 and 15,” he told conference attendees.

“I was desperate and incredibly depressed. I’m very grateful I woke up the next day.”

He said he again tried to take his own life as a PhD student at McGill University. He emphasized how “normal” the stresses he dealt with were — stresses many students experience at one time or another.

“I tried to get an experiment to work for several months and it seemed like every single time I tried the experiment wouldn’t work,” he said.

“That was nothing unique. It was quite normal.”

Ono recounted how he struggled with mental health issues throughout his youth and young adult life, including his years at the University of Chicago, McGill University, John Hopkins University and Harvard University.

Then, he was hospitalized in Baltimore and that’s when things got better.

“Finally, I was seen by individuals who diagnosed me properly and through a period of about a year and a half, I had the appropriate medical support, psychological support,” he said.

“And fortunately since then, I have been symptom free for much of my life.”

He noted that as someone who is now in a position of relative strength, he wanted to finally speak openly about his past in hopes it could help young people struggling with their mental health now.

He acknowledged that professors seeking tenure, let alone students, often don’t feel they can open up about their struggles.

But he says UBC will take the lead in providing students, faculty, and staff with the mental health support they need.

“This is a pervasive problem. What can institutions do? Reform is needed, we need to recognize that none of us should be ashamed for the struggles we are dealing with.”

Mental health experts applauded Ono’s decision to share his story, saying he and UBC could influence others to follow their lead.

“His act today cannot be overstated enough as a powerful act of change,” said Jonny Morris, policy director at the B.C. division of the CMHA.

“To have someone of that stature, someone with that level of influence and positional authority speaking so boldly and courageously in calling for change, it has such a potential to move practices that can improve student mental health and well being.”

Santa Ono shared his experience with depression that led him to try and take his own life twice. JONATHAN HAYWARD/THE CANADIAN PRESS

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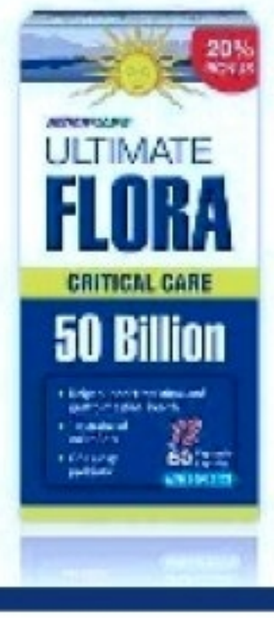

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Canadian charged in missile scheme

SECURITY

Man arrested in U.S. in plot to send weapons tech to Iran

A long-range missile is fired in Bushehr, Iran. A Canadian man has been charged in the United States with conspiring to send equipment used to test missile systems to Iran. THE ASSOCIATED PRESS

A Canadian man has been charged in the United States with conspiring to send equipment used to test missile systems to Iran.

Court documents show Ghobad Ghasempour, who was born in Iran, was arrested last week in Washington State following a federal investigation that spanned several years.

A charging document filed with the court alleges Ghasempour was the mastermind behind a scheme to help his father's friends in Iran launder money and illegally import goods into the country.

The document, which includes an affidavit from a U.S. Homeland Security special agent, alleges Ghasempour worked with two other men to route restricted items through China and into Iran.

It says the scheme culminated with plans to ship a table used to calibrate military-grade navigation devices, including missile technology, which would contravene American laws.

It's alleged the setup began in 2011 and involved another man in China as well as one in Iran. The two other men have not been charged at this point and the document does not say whether any steps to do so are underway.

The special agent alleged in the document that Ghasempour created front companies to shuffle money and products between countries and left their day-to-day operations to the Chinese man.

The man in Iran is alleged to have arranged deliveries and money laundering for an Iranian government engineering company and other government agencies, according to the document. THE CANADIAN PRESS

Canada digest

Ottawa public health weighs ban on junk food
Ottawa Public Health is asking residents to weigh in on options to protect kids from junk food. It could mean certain advertisers and certain vendors won't be welcome on city property.

Board members and delegates discussed several ideas, including limiting advertising and food sales on city property.

Cadbury chocolate's advertising on the Rink of Dreams and slushies at city pools were cited as potential targets. Such a policy could also put an end to rinkside Beavertails outside city hall.

HALEY RITCHIE/METRO IN OTTAWA

Younger sister of Tina Fontaine found safe
Manitoba RCMP say they've located the missing younger sister of Tina Fontaine, an Indigenous girl whose body was found in the Red River in 2014. Sarah Fontaine, 16, had been missing since last week. RCMP say she was found "safe and sound" and thanked the public for their assistance.

THE CANADIAN PRESS

150 WAYS of looking at Canada

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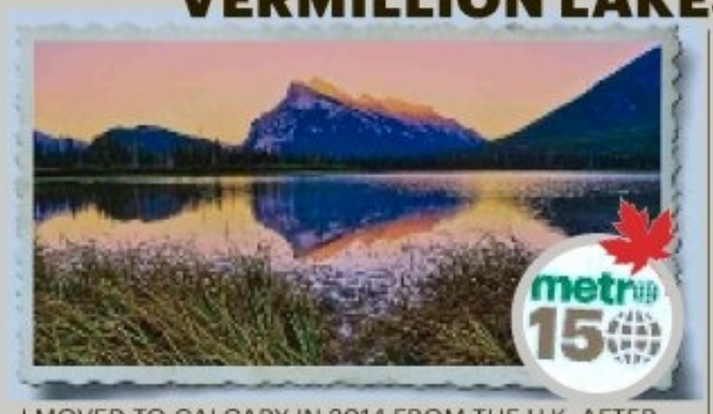

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Chemical attack draws world's condemnation

TERROR

At least 58 dead in opposition-held town in northern Syria

A suspected government chemical attack in an opposition-held town in northern Syria killed dozens of people on Tuesday, leaving residents gasping for breath and convulsing in the streets and overcrowded hospitals. If confirmed, it would be the deadliest chemical attack in four years.

The Britain-based Syrian Observatory for Human Rights, which operates through a network of activists on the ground, said at least 58 people died, including 11 children, in the early morning attack in the town of Khan Sheikhoun, which witnesses said was carried out by Sukhoi jets operated by the Russian and Syrian governments.

An unconscious child is carried at a hospital in Khan Sheikhun, a rebel-held town in Syria, after a suspected gas attack. OMAR HAJ KADOUR/AFP/GETTY IMAGES

Doctors struggled to cope and videos from the scene showed volunteer medics using fire hoses to wash the chemicals from victims' bodies. Haunting images of lifeless children piled in heaps reflected the magnitude of the attack, which was reminiscent of a 2013 chemical assault that left hundreds dead and was the worst in the country's ruinous six-year civil war.

After the 2013 attack, President Bashar Assad's government agreed to destroy its chemical arsenal and join the Chemical Weapons convention.

Tuesday's incident drew swift condemnation from world leaders, including the White House, which called it a "heinous" act that "cannot be ignored by the civilized world." The UN Security Council scheduled an emergency meeting for Wednesday in response to the strike, which came on the eve of a major international donors' conference in Brussels on the future of Syria and the region, to be hosted by the EU's high representative, Federica Mogherini.

The Syrian government "categorically rejected" claims that it was responsible, saying it does not possess chemical weapons, has not used them in the past and will not use them in the future. It laid the blame squarely on the rebels, accusing them of fabricating the attack and trying to frame the Syrian government. The Russian Defence Ministry also denied any involvement

THE ASSOCIATED PRESS

UNITED STATES

Border-wall contractors face protests, threats

One bidder on President Donald Trump's border wall with Mexico wanted to know if authorities would rush to help if workers came under "hostile attack." With bids due Tuesday on the first design contracts, interested companies are preparing for the worst if they get the potentially lucrative job.

Four to 10 bidders are expected to be chosen to build prototypes on a quarter-mile (400-metre) strip of federally owned land in San Diego within 120 feet (37 metres) of the border.

The Border Patrol and local police would establish a buffer zone around the construction site if necessary, the U.S. official said. The San Diego police and sheriff's departments said Monday they will respect constitutional rights to free speech and assembly for any peaceful, law-abiding protesters.

Enrique Morones, executive director of Border Angels, said his group plans to protest.

Michael Evangelista-Ysasaga, chief executive of The Penna Group LLC, a general contractor in Fort Worth, Texas, said he has received about a dozen death threats since publicly expressing interest in bidding, including one from a woman who told him she hired a private investigator to trail him.

THE ASSOCIATED PRESS

TRUMP'S VOW

- Building a wall on the Mexican border was a cornerstone of Trump's presidential campaign.
- The multibillion-dollar project along the 2,000-mile border has many outspoken critics, including the Roman Catholic Archdiocese of Mexico, which said last week that Mexican companies expressing interest were betraying their country.
- U.S. Customs and Border Protection said in a statement that it would pick multiple contractors to build prototypes by around June 1 and will name only the winning bidders. The agency said the prototypes should be about 30 feet (9 metres) long and 18 to 30 feet (5.5 to 9 metres) high.

BRITAIN

Police charge six more in beating

Authorities in London have charged six more people in the vicious beating of a teenage asylum-seeker, bringing the number of defendants in the unprovoked attack to 13.

Eight people, including a 15-year-old boy, appeared in court Tuesday to face charges from the Friday attack on 17-year-old Reker Ahmed.

Ahmed, an Iranian-Kurdish asylum-seeker, was waiting at a bus stop with two friends when they were approached by a group of youths in the London borough of Croydon, according to police.

Police say that upon learning the teen was an asylum-seeker, the suspects chased him through the streets and beat him.

The attack stopped only after police sirens could be heard and bystanders intervened.

Ahmed suffered a fractured spine, fractured eye socket and a brain bleed. He was placed in an induced coma.

THE ASSOCIATED PRESS

A priest blesses at a memorial at Technologicheskiy Institute metro station, St. Petersburg.
THE ASSOCIATED PRESS

Search widens for accomplices

RUSSIA

Bomber lived in St. Petersburg for several years

Investigators searched for possible accomplices of a 22-year-old native of the Central Asian country of Kyrgyzstan identified as the suicide bomber in the St. Petersburg subway, as residents came to grips Tuesday with the first major terrorist attack in Russia's second-largest city since the Soviet collapse.

The bomber, Akbarzhon Dzhalilov, had lived in St. Petersburg for several years. Dzhalilov's social media networks reflected interest in radical Islam and boxing, but those who met him described him as calm and friendly.

Russia's health minister raised the death toll to 14, including the bomber; 50 others are in hospital. Many were students heading home Monday after classes on one of the city's busy north-south lines.

No one has claimed responsibility for the bombing, which came as President Vladimir Putin was visiting his hometown, raising speculation it could have been timed for his trip. The attack follows a long string of bombings of Russian planes, trains and transportation facilities. Many of the attacks were linked to radical Islamists.

Akbarjon Djalilov
HANDOUT/AFP/GETTY IMAGES

Before Dzhalilov travelled to St. Petersburg where he eventually got Russian citizenship, his ethnic Uzbek family lived in Osh, the city in southern Kyrgyzstan that saw more than 400 people killed and thousands injured in clashes between ethnic Kyrgyz and minority Uzbeks in 2010.

St. Petersburg has a large diaspora of people from Kyrgyzstan and other mostly Muslim former Soviet republics in Central Asia. They have fled ethnic tension, poverty and unemployment for jobs in Russia. While most Central Asian migrants hold temporary work permits or work illegally, thousands have received Russian citizenship in recent decades.

Russian media said Dzhalilov worked with his father in a car repair shop and then became a cook at one of the city's many sushi bars. He stayed in St. Petersburg when his parents moved back to Kyrgyzstan.

One former colleague at the sushi chain described Dzhalilov, who turned 22 on Saturday, as "a very kind person."

"He was a non-conflict person. We didn't expect to hear such news today," said the woman.
THE ASSOCIATED PRESS

DATABASE

Bumper at ocean bottom

Washing machines. Rubber boots. Even spooky plastic heads.

That's just a few examples of the carelessly tossed trash fouling the ocean floor, according to a Japanese organization that is cataloging the astonishing amount of junk humans have dumped beneath the waves.

Launched this week by the Japan Agency for Marine-Earth Science and Technology, the Deep-Sea Debris Database combs three decades worth of photos and videos captured by their fleet of submarines off the archipelago's coast.
TEXT: ANDREW FIFIELD/METRO; PHOTO: JAMSTEC

GALLERY ON THE METRO APP

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metro VIEWS
Your essential daily news
Wednesday, April 5, 2017

JESSICA ALLEN ON PLAYING SURROGATE TO KIM AND KANYE

On Sunday night's emotional episode of Keeping Up with the Kardashians, Kim Kardashian revealed that she and husband Kanye West very much want a third baby. But due to health complications, Kim's doctor has advised against a third pregnancy. In order to provide a biological sibling to North and Saint, it looks like surrogacy may be their only option. Can you imagine the criteria to qualify as Kimye's surrogate? You don't have to. Because I did.

CHECKLIST Are you ready to be a Kimye surrogate?

Kimye wants a baby. That's where you come in. GETTY IMAGES

ABOUT YOU

Not a gold digger
Kim and Kanye are business moguls who recognize that the Kimye™ brand may demand something new and innovative outside of the typical confidentiality and non-disclosure celebrity surrogacy contract: namely, a full-disclosure agreement with a sub-clause stating that any breach of confidentiality be monetized by all parties involved.

Member of and/or a friend to the LGBTQ community

Amiable to the paparazzi
In particular: Jamie, Brianne, Ahmed, the guy that's always outside Nobu and Jake Peterson (but never Jake Robertson).

Creative/kreative

A Leo, preferably

Social media-savvy

Not a former employee of Beyoncé and/or Jay Z
Or, yes, you are a former employee of Beyoncé and Jay Z. (The jury's still out.)

TERMS OF SURROGACY

Commit to social media engagement
Including but not limited to: three Snapchats, five Instagrams, and one tweet a day, which must all contain the hashtag #KimyePinchHitter. Pending twins, social media output will double.

Agree to your likeness being used in Kim's emojis (Kimojis)

Agree to your likeness being used in a to-be-determined mobile game
Kim's game, a "red carpet adventure" in which you "create your own aspiring celebrity and rise to fame and fortune!"— the one that has earned her over $160 million — will be used as a template.

Agree to a Vogue pregnancy photo shoot
Pending Anna Wintour's approval

Have a drug-free and alcohol-free surrogacy
Virgin White Russians (also known as milk) are encouraged.

Have a fragrance-free surrogacy
Unless the scent is one of Kim's, in particular Gold, Glam or her wedding fragrance: Kim Kardashian Love.

Collaborate on a surrogate fragrance
Working name is It Takes Three™

Appear in future episodes of Keeping Up with the Kardashians

Instagram family dinners
Including the one featuring your placenta (post-delivery) as the main course, as prepared by Chrissy Teigen.

Read books to the baby
Although Kanye is "a proud non-reader of books," the family allows the classics, like Kanye's 2009 Thank You and You're Welcome — don't worry, it's only 52 pages — Kim's 2010 New York Times bestseller Kardashian Konfidential and Chrissy Teigen's cookbook.

Listen to classic music
Like Drake, Frank Ocean, Chance the Rapper, Kanye (in particular, My Beautiful Dark Twisted Fantasy and Yeezus) and avoid all music performed and written by Taylor Swift.

THE PERKS

Hair and make-up services
Although if you are capable of contouring, this is a bonus.

Wardrobe courtesy of Kanye's line, Yeezy™ and vintage pieces from the Kardashian Kollection™ (RIP).

Accommodation
Although you must be able to vacate at a moment's notice should Kanye desire to redesign the space.

Instagram retouching

Waxing
The birth will be live-streamed on www.kimkardashianwest.com, Snapchat, Instagram Stories and ellen.com, pending Ellen's approval.

Security detail

Fame

Fortune

Leftover placenta

If this sounds like you, and you agree to the terms, tweet your application using the hashtag #NotKonfidential.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Dionne quints' childhood home should be preserved by a major museum

In 1934, the Dionne family welcomed the birth of the first known-surviving quintuplets. Eighty-three years later, the home of the Dionne quintuplets is up for sale. It belongs in a national museum.

The city council in North Bay, Ont., where the home sits, is debating selling it to a local fairground that does not plan to maintain the log cabin as a museum, according to the New York Times.

Multiples of children have always caught the imagination — think, for example, of Jon and Kate Plus 8 — but the Dionne quintuplets went worldwide. International media flocked to their hometown of Corbeil, Ont., to spread the story.

Shortly after their birth, the province stepped in: the girls were moved to a nearby hospital and their parents' custody was revoked.

In the first year, the doctor who administered their care meticulously studied his charges. In one report, Dr. Allan Dafoe wrote in the Canadian Medical Association Journal that the history of the quintuplets was "a modern fairy tale with a medical flavour."

"This medical fairy tale, however, differs from the make believe ones, because it is a true story of five babies who were actually born in rags but who have even in their short lives achieved riches."

Those riches were short-lived.

Their childhoods were not just abnormal, but cruel.

In their life, the quintuplets were abused — first, by the province, which took the five girls from their parents and put them on display three times a week in a human zoo called Quintland for nine years. Then by their parents who, on regaining custody of their five daughters, mistreated and abused them.

On reaching adulthood, they sought out the privacy they'd been denied as children. In 1998, they won a settlement from the Ontario government for $4 million. For one of the sisters, Yvonne, that wealth, too, was short-lived when her son stole her money and disappeared. She died in 2001.

Now, the two remaining sisters are left to advocate for their legacy. North Bay's chamber of commerce says it cannot afford the home and the council is debating whether to sell it. (A decision was expected Tuesday night, after press time.)

This home — and this story — belongs in a major museum. This year, we commemorate the history of Canada. We must have frank conversations about who we are, starting by remembering who we once were.

This is political, economic, medical and feminist history that deserves pride of place even though it is a mark of shame.

Whether it is the Museum of Human Rights, the Canadian Museum of History, or the Royal Ontario Museum, a major institution should step up to preserve the legacy of five little girls.

It wasn't a fairy tale. It is our history.

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Your essential daily news

Lauren Lee Smith will star in Frankie Drake, a new detective drama from the Murdoch Mysteries team.

No longer New but shiny as ever

MUSIC

Pornographers handle change, fight for place in world of rock

Nick Patch
life@metronews.ca

New Pornographers Joe Seiders, Carl Newman and Kathryn Calder release their seventh album this week. TORSTAR NEWS SERVICE

Carl Newman has been mentally preparing for the possibility of his New Pornographers splitting since before we all swooned for Mass Romantic.

Sipping a tall can of beer in the Toronto office of his label, Newman recalls the first such scare: it was back in 2000, a month after their debut had come out but before word really spread about the Vancouver power pop group with more hooks than a bait shop. Just as things were taking off, Dan Bejar, the band's other principal songwriter, abruptly announced he was moving to Spain.

"I thought, 'Well, that's that,'" Newman recalled. "I felt like, oh, of course, the moment we've got something, a finished record, Dan goes to Spain. I thought that was the end of it then."

The band survived that, just as they survived the limited availability of warped-country master turned rock powerhouse Neko Case over the ensuing years. Her presence on the road was intermittent, while Bejar didn't tour at all on the band's first two records.

By some stroke of fortune, Bejar seemed to expand his involvement as the years went on, even as his solo Destroyer project became increasingly popular. After the release of the New Pornographers' radiantly hued sixth album, 2014's Brill Bruisers, Bejar spent more time than ever on the road with the band.

Three years on and the dynamics have all been swung around as the New Pornographers put out their first album, Whiteout Conditions, that is entirely without his contributions.

But as Newman explains it, Bejar was just making a Destroyer record and the quiet songs he was writing didn't fit with Newman's propulsive new ones. The New Pornographers are still bending around the will of some challenging schedules. "It's not like he quit the band; maybe he'll be on the next record," Newman said. And perhaps a change like this only resonates to the degree that it does because the New Pornographers have been such a rock-steady model of rock 'n' roll consistency these past 17 years.

Whiteout Conditions is a subtle evolution from Brill Bruisers, a work of fluorescent effervescence that blasted Blaine Thurier and Kathryn Calder's keys into the spotlight for the band's most modern record yet. In making their next, seventh album, Newman says the band kicked around the idea of "rocking differently," with synthy tunes shuttling on a rail of furiously strummed acoustic guitars and electrics relegated to punching in as punctuation.

Here, Newman's lyrics are occasionally more direct than they have been. Buoyant first single High Ticket Attractions was plainly inspired by anxiety over the U.S. election (Newman lives with his family in Brooklyn).

And the title track, another brightly lit pop stunner, is about depression.

"It was written during a really lousy time. My sister was very sick. She was in the end stages of cancer," said Newman. "The song was about trying to get out of a place. That's what I've always used music for. For me, that's been a driving force for a long time. The time leading up to Mass Romantic was kind of a miserable time in my life. It makes sense that I'd be digging deep."

On a professional level at least, Brill Bruisers left the band on a high. It fetched their best reviews since 2005's Twin Cinema and established a new peak for the New Pornos on the U.S. chart: No. 13. Was that meaningful? "I think so, but the industry's changed so much — it's your highest-charting record, but it's your smallest-selling record. But it's still absurd to think of our record in America's Top 20."

And yet, Newman betrays some restlessness. He explains that the new record followed threads from Brill Bruisers. "Which makes me wonder, now what direction do we go into? I find myself wanting to do something else, but we'll see," he said.

His band, shiny as ever but certainly no longer new, Newman does not seem averse to more change.

"At some point, you don't know where you're supposed to go," Newman said. "You're not the hot new band anymore, but you're also not the hugest band in the world. It's weird to try to figure out how to stay.

"We still have to fight for our place in the world of rock."

TORSTAR NEWS SERVICE

> **It's just the nature of the band. It's how we are. I'm amazed we hold it together at all.**
> Carl Newman

JOHANNA SCHNELLER WHAT I'M WATCHING

Nordic noir finds a really sweet spot

THE SHOW: Jordskott, Season 1, Episode 3 (AMC Shudder)
THE MOMENT: The floating man

We're in an ancient forest outside a rural town in Sweden.

Three teenage boys are shooting cans beside a swampy stream. A shot goes awry. A hideous squeal fills the air.

A dead-white, webbed hand reaches out of the stream and pulls in one of the boys. The others struggle to beat back the creature, of whom we see only glimpses. Then, it slips away.

A few scenes later, two girls sit on a wooden walkway over that same stream, dangling their feet. A ripple splits the water behind them.

The white-webbed-man-thing drifts up right beneath them, face down. Its body flips over. Its chest is a bloody hole. Then its eyes open, unnaturally round and black. The girls run.

This flagship series for AMC's new horror-streaming service hits my sweet spot — spooky and smart without being gory. It's Nordic Noir, combining gripping police procedural with otherworldly mystery, like a Borgen-Stranger Things mashup.

The plot starts with a ghostly girl (Stina Sundlof) who appears in town, and the determined detective, Eva (Moa Gammel), who believes the girl is Josefine, her daughter who went missing seven years earlier.

There are corporate baddies scheming to wreak environmental havoc, fringe-y citizens who know more than they say about a weird plant virus, and a creeping sense that nature itself is exacting revenge.

The title is part of the mystery, entwining Josefine's name and the word for "root" or "soil."

The show knows exactly how to parcel out revelations and visuals in jagged pieces, to work our brains and our goosebumps.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Jordskott is the flagship series on AMC Shudder. HANDOUT

Silky burrata and a slice of simplicity

RECIPE

Creamy Italian cheese can be the star of your homely pizza

If you haven't had the chance to try burrata, I would be honoured if this recipe became the first occasion.

Burrata is a semisoft, white Italian cheese made from mozzarella and cream. It is like the silkiest, creamiest fresh mozzarella, with a rich molten cream filling as a very welcome bonus.

And here it is paired with another Italian culinary triumph — prosciutto.

This pizza is made without tomato sauce, which allows the flavours of the burrata and the cured ham to shine, punctuated by the herby oregano leaves.

Burrata and Prosciutto Pizza Serves 2.

Ingredients:

- 1 tablespoon cornmeal
- 9 ounces pizza dough, at room temperature
- Olive oil as needed
- 8 ounces burrata
- 4 slices paper thin slices prosciutto
- 1 tablespoon fresh oregano
- Kosher salt and freshly ground pepper to taste

Directions:

1. Place a baking sheet in the oven and preheat the oven to 425 F. Sprinkle the cornmeal on a flat cutting board or a pizza peel if you have one, and stretch and pat the dough into a circle about 8 inches in diameter. Let it sit for several minutes, then stretch it a bit further, into a 10-inch circle.

2. Allow it to rest between gentle pulls until it holds its shape and remains about 1/3-inch thick. Brush the top lightly with olive oil.

3. Remove the hot baking sheet from the oven and swiftly slide the pizza dough onto the baking sheet. Bake the dough for about 10 minutes until it is fairly firm and lightly browned, but not cooked through.

4. Remove the pizza from the oven. Tear the burrata into small pieces and distribute them over the dough, leaving a 1/2-inch border. Return to the oven and bake until the dough is cooked through and the burrata is melted, five more minutes.

5. Remove from the oven, then drape the slices of prosciutto over the top of the pizza, allowing the burrata to peek through. Sprinkle the oregano leaves, and season with salt and a nice grind of black pepper to finish.

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Party treats

When snacking at a party, do you dive into the cheese sticks or potato chips?

PICK THIS

Dutch Crunch Potato Chips Kettle Cooked Original
per 50g (about 27 chips)

Calories 260
Fat 14g
Saturated 1g
Sodium 220mg

SKIP THIS

Humpty Dumpty Cheese Sticks
per 50g (42 sticks)

Calories 310
Fat 23g
Saturated Fat 2g
Sodium 450mg

HERE'S WHY

Equivalent in fat to a Mama Burger with Cheese from A&W.

The lesser evil of two high-calorie and high-fat snacks would be the kettle chips, as they have close to half the fat and sodium. These plain kettle-cooked chips are also made with only three natural ingredients: potatoes, oil and salt. Compare that to the cheese sticks, which have over 20 ingredients, excess preservatives added, and are made with more oil and added cheese, increasing the calories and fat. Remember both snacks are still deep fried and offer little nutrition, so enjoy each occasionally and sparingly.

metro WHEELS
Your essential daily news

Rapper Post Malone tricks out 1992 Ford Explorer he got for $1,700, now worth $75k

Taking the Autobahn by sports car

HANDOUT

REVIEW

T86 handles like a dream but could use more power

Craig Cole
AutoGuide.com

For such an "underpowered" car, the Toyota 86 sure pulled like a champ. Certainly, its enthusiasm waned as the speedometer needle swept past 200 km/h, its meager 2.0-litres of displacement fighting the onslaught of air trying to halt its forward progress. But acceleration wasn't the only dynamic attribute challenged by this brisk pace; the sports car felt noticeably more planted at around 175 km/h, plus the hood didn't look like it was ready to become airborne.

As fun as blitzing down the Autobahn can be, it is not a task that the 86 is particularly well-suited to. This is a car designed for sweeping back roads and autocross courses.

In conjunction with the annual Geneva Motor Show, Toyota gave media the chance to experience their enhanced 86 sports car. The journey started in the city of Lausanne, a historic jewel on the shores of lac Léman, perhaps 45 minutes from downtown Geneva. We headed east on a meandering course across the breadth of Switzerland, with stops in France, Germany, Austria and even Lichtenstein along the way. Our ultimate destination was Munich, Bavaria's capital.

The updated 86 is motivated by a 2.0-liter boxer four-cylinder engine developed by Subaru. Customers that opt for a manual transmission gain five horsepower and five pound-feet of torque compared to automatic models, a mild increase that brings the totals to 205 and 156, respectively. Those extra horses are largely the result of better breathing. Both the intake and exhaust manifolds flow more than before, though reductions in valvetrain friction played a role.

This meager power bump doesn't do much to improve performance; though revised gearing really made a difference. The 4.1-to-1 rear end was swapped for a set of 4.3 gears. This change gives the 86 more squirt across its entire rev range, though it's still hardly a fast car.

The transmission was also refined. Chief engineer Tada said its gears have been polished and reworked synchronizers fitted. There's a new kind of lubricant, the capstone in a series of changes that enhance shifting quality, though the 86's stick is still a little on the loose side; more precision would be appreciated.

One area that needed no improvement was steering. T86 has always been a joy to toss around, but this didn't stop Toyota from making further refinements. The ever-eager handling, dialed-in suspension, and improved acceleration further burnish the 86's reputation as a true driver's car.

For the new model year, engineers have refined an already winning product, it's just too bad that nothing they did will placate the fans who will still demand more power.

THE CHECKLIST | 2017 TOYOTA 86

THE BASICS

Engine: 2.0-litre flat-four cylinder
Output: 205 horsepower, 156 pound-feet of torque
Transmission: 6-speed manual
Fuel Economy (l/100 km): 11.3 city, 8.3 highway, 9.9 combined
Price: $35,480

LOVE IT

- Improved performance
- Retuned suspension
- Stiffened structure
- Still a joy to dive

LEAVE IT

- Update could have gone further
- More power would be nice
- Loose shifter

DESIGN

Mazda's esthetic goes beyond clean lines

Craig Cole
AutoGuide.com

Designers at Mazda draw inspiration from nature, fashion and beautiful products when crafting the brand's cars and crossovers. This probably isn't too different from how other automaker studios function, but what sets this Japanese car company apart is an emphasis on something less tangible: emotion.

"How does that make you feel, and how can that translate into a vehicle's exterior design?" asked Jacques Flynn, Mazda's lead designer.

Decade-old veteran at the scrappy Hiroshima-based firm, Flynn's resumé is impressive. Among other projects, Flynn led the development of the current MX-5 and played an important role in creating both the CX-5 and CX-9.

Whether it's a sports car or crossover, one thing that sets Mazda's lineup apart is its unified appearance. All their products have a certain cohesiveness to them, like they were created by the same team.

Enabling this visual harmony is an overarching design theme. Kodo "soul of motion" has been a Mazda staple for about five years now. It's a styling ethos characterized by clean surfaces, attention to detail and the notion that human hands can give vehicles a soul. Is this design or some sort of animistic religion? At Mazda, it's both.

"That's why I think our cars have got this unique feeling to them, they don't feel generic, they don't feel like any other marque out there," said Flynn. Kodo gives them a stylistic edge.

This advantage doesn't come easily. Case in point, the brand's RX Vision concept that debuted at the Tokyo Motor Show in 2015. "That car was hard," said Flynn, laughing while recounting the challenge it presented. "The complexity to that surfacing is really, really difficult."

He added there are no lines on this rotary-powered design study, just simple surfacing, which he noted requires strict volume control. "When it's done right," he said, "you end up with something really beautiful and timeless."

The RX Vision at the Tokyo Motor Show 2015 embodies Mazda's Kodo design-based proportions. GETTY IMAGES

Kodo has been a quintessential part of Mazda's DNA for the better part of a decade and they have no plans to replace it with a new theme anytime soon.

"I think it's got a ton of room to evolve and in my opinion, improve," said Flynn, something they plan on doing by continuing to refine its signature forms and flourishes. Flynn admitted he's not sure if they'll ever distil it down to its most elemental essence, but that's not going to prevent them from trying.

"That's an ultimate goal," he explained, "That our whole lineup just feels timeless."

How Papaya Orange launched a 50 year love affair with colour

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

ICONIC

McLaren's orange crush

McLaren has shared details on how orange came to be its signature colour. In 1967, the McLaren M6A sported Papaya Orange after team manager Teddy Mayer had long been unhappy with the team's liveries. Mayer claimed Papaya Orange would make the cars "show up like beacons on TV." Not only did the M6A stand out, but it dominated the Can-Am season, winning five races. Then McLaren painted its Formula 1 machines orange and the M7A secured the company's first Formula 1 victory at the Belgian Grand Prix at Spa-Francorchamps in June 1968. This was the start of a 50-year love affair with orange, with the signature livery making a return on the McLaren MCL32 Formula 1 car this year. JASON SIU/AUTOGUIDE.COM

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Fighting crime never looked so good

ITALY

Police-issue Lamborghini

Lamborghini CEO Stefano Domenicali paid a visit to the Italian interior minister and chief of police this week, handing off the keys to a new police-spec Lamborghini Huracan.

The vehicle will be assigned to normal police duties and will assist in urgent deliveries of blood and organs. It's the second Huracan on the fleet. The car is done up in the Italian police livery, sporting the official paint finish of the public servants, Police Medium Blue. The flashy white striping on the car strays a bit from the traditional police vehicles found throughout Rome, and there's a nice accent stripe that is the same colors as the Italian flag. Helping complete the look, the car is equipped with P Zero Pirelli tires, with blue tinted sidewalls that were specially created for the police. SAMI HAJ-ASSAAD/AUTOGUIDE.COM

HISTORIC

Monster Jam fans flip out

It's the first front flip in Monster Jam competition history. "Mad Scientist" Lee O'Donnell executed the move at the Monster Jam World Finals in Las Vegas and won the freestyle championship. O'Donnell landed a jump in a wheelie and kept the front wheels off the ground by staying on the gas pedal. He hit the next jump with the front wheels in the air, causing the monster truck to do a front flip, landing on its wheels. JASON SIU/AUTOGUIDE.COM

AUTO NEWS

2018 Mustang has heart

The Ford Mustang's new start button beats 30 times per minute, just like the heart of a resting pony. There's a lot changed on the 2018 model. One of the smaller features is an ignition button that pulses red when the door is unlocked. It continues to pulse until the engine is started, and Ford says it's like giving the Mustang a heartbeat of sorts. JASON SIU/AUTOGUIDE.COM

TOYOTA

Life-sized Tonka

Toyota has brought together the iconic Tonka brand with its HiLux pickup truck. The Toyota HiLux Tonka Concept is a high-riding off-roader created to celebrate the HiLux becoming Australia's best-selling vehicle. Conceived, designed and assembled at Toyota Australia's product planning and development division, the custom HiLux has a black-and-yellow livery, an increased ride height of six inches, a high-riding axle, heavy-duty suspension and 35-inch tires. JASON SIU/AUTOGUIDE.COM

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A DAY IN THE LIFE OF A VANCOUVER PARAMEDIC

The hours are long and hectic, but rewarding

In a medical emergency, paramedics are often first on the scene. It's a job that requires preparation, teamwork and lightning-fast thinking — because every second matters when someone's life is at stake.

As you might expect, the workday for a paramedic looks quite different compared to the average office job.

"A typical day for a paramedic starts out like this: get up early, head into work, check in with the crew you're relieving, do a quick vehicle and equipment check — and already the hotline phone is ringing for a call-response, so away we go," says Dave Leary, a paramedic stationed in Delta and a spokesperson for the Ambulance Paramedics of BC.

Paramedics watch the computers in their ambulance for the latest information on the call they're responding to, but that doesn't necessarily prepare them for the reality they'll find on the scene.

You're dealing with many factors at once, which can be stressful, he says.

The weather might be bad, and you need to coordinate with other emergency services and health care professionals. Working with patients under the influence of drugs or alcohol, or patients suffering from mental illness, is all part of the job.

No matter the situation, a paramedic must conduct him or herself professionally, Leary says.

Throughout their daily shift, a paramedic will take on between anywhere from eight to 14 calls. It can be exhausting, yet they need to be ready to respond to any situation that comes their way.

The 4,000 paramedics and dispatchers of the Ambulance Paramedics of British Columbia (APBC) provide ambulance and 911-response service to B.C.'s 4.5 million people. In recent years, APBC's dispatch team has fielded more than 500,000 calls for help annually, making it one of the largest and busiest emergency medical services agencies in the world.

The opioid crisis across B.C. means paramedics barely have time to catch their breath. Every time an ambulance is called to a fentanyl overdose, emergency wait times increase, yet there's a lack of funding for more resources, Leary says.

"We have virtually no time to sit down and eat a proper meal or use the restroom facilities due to the constant call volume," he explains. "It's intense, and there isn't usually time to gather your thoughts."

Working hours can be long too. Many paramedics have to work overtime, meaning shifts can be 12–16 hours.

There are many challenging aspects to being a paramedic. After a difficult call at a traumatic scene, it can be hard to look at life the same and not take your work home with you.

"How do you file it away? How many dents in my amour can I take?" says Leary.

This is why it's important for B.C.'s paramedics to get continuous workplace mental health support. It is a dangerous profession and can take its toll.

At the same time, the rewards are immense.

"Being there for our patients is incredibly gratifying, having the ability to make the difference between life and death," he says. "Working together as a team to help people in their time of need — that's a powerful experience."

CONTRIBUTED

CONTRIBUTED

More paramedics needed to take on opioid crisis

Paramedics saw the fentanyl crisis coming long before it reached the public eye, according to Dave Leary, a paramedic stationed in Delta, and spokesperson for the Ambulance Paramedics of BC.

"Paramedics are one group who live and work through the effects of the opioid crisis every day from the front lines," Leary says.

According to a report from the BC Coroners, there were 102 suspected drug overdoses across B.C. in February 2017 alone, a 72.9 per cent increase from February 2016.

A report released by the City of Vancouver on March 21, 2017 found that overdose deaths in Vancouver are likely to surpass February totals. The volume of overdose calls is having a huge impact on paramedics, impairing their ability to respond to other calls, Leary says.

"We struggle with the need to get to everyone who needs help," he says. "We know that there are other emergency calls holding, more people needing us for medical emergencies."

The lack of resources directly affects patients by increasing the number of minutes they need to wait for help, but it also affects the paramedics. "Seeing the tragic impact of opioids on patients and those left behind leaves life scars on those paramedics," says Leary.

While exposure to fentanyl and volume of overdoses is highest in Vancouver, the crisis is rampant throughout the entire province of B.C.

It can have a devastating effect on small communities.

"The challenge of less resources in small towns can have dire effects on the paramedics and communities," Leary says.

To address this crisis in Vancouver and across B.C., "we need to acknowledge the immediate need for additional paramedic resources and workplace mental health support for paramedics across the province," he says.

To help B.C. paramedics respond to the opioid crisis, speak out. For more information, visit moreparamedics.com.

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metro SPORTS

Roger Federer and Bill Gates will pair up in a one-set exhibition match in Seattle on April 29 to support children's education in Africa

Fog derails North Van runner

ULTRAMARATHON

Robbins falls short of finishing gruelling race

A last-minute mistake that put Gary Robbins six seconds short of becoming the 16th person to ever finish a torturous 160-kilometre ultramarathon is haunting the North Vancouver man.

In a blog post chronicling his second attempt at the infamous Barkley Marathons, Robbins says he took a wrong turn in thick fog about three kilometres before the finish line, which sent him down a mountainside, through some brush and across an "absolutely raging" river.

"I continued bushwhacking and quickly spotted the road into camp," Robbins wrote about emerging from the water minutes before the 60-hour cutoff.

"I thrashed my way to the road and put my head down and gutted out the hardest three minutes of my life to collapse at the gate, overtime, and from the wrong direction," he added.

"I did not finish the Barkley Marathons, and that is no one's fault but my own. That one fatal error with just over two miles to go haunts me."

The race ended Monday. Robbins couldn't be reached for comment Tuesday.

The Barkley Marathons consist of five, 32-kilometre loops through Frozen Head State Park in central Tennessee and are described as one of the most difficult foot races in the world.

North Vancouver's Gary Robbins finished 4.5 of five loops in the notorious Barkley Marathons at Frozen Head State Park in Tennessee in 2016. KEITH KNIPLING/CONTRIBUTED

Between 35 and 40 runners are allowed to participate each year. More than 1,000 have attempted to complete the event since its inception in 1986.

The cost to apply is $1.60 US, and those who are accepted are required to pay an unconventional entry fee. First-time racers have to supply a licence plate from their home state or country, while failed veterans are asked to provide a pair of gold-toed dress socks.

Any of the 15 successful race alumni who want to run again must contribute a pack of regular, filtered Camel cigarettes.

> **One mistake. Still, it's a story for the ages.**
> Race director Gary Cantrell

Race director Gary (Lazarus Lake) Cantrell, who co-founded the race, commended Robbins in a social media post but said the Canadian runner's finish would not have counted because Robbins diverted from the race course.

"The Barkley is a footrace. It is not an orienteering contest, nor a scavenger hunt," Cantrell wrote in a statement published online by Canadian Running Magazine.

"The class with which Gary handled this terrible disappointment at the end of a truly magnificent performance ... was exceptional and is, in and of itself, a remarkable achievement. But he did not miss the time limit by six seconds. He failed to complete the Barkley by two miles."

Robbins works in B.C. as a fitness coach, and a biography on his company's website says the 39-year-old native of Newfoundland and Labrador began running in 2004.

Video posted online shows Robbins running up to a yellow gate that marks the race's end before collapsing to the ground in the fetal position, mumbling, "I've got all my pages but I went around the wrong side of the mountain in the fog." Runners must take a page from each of the 13 books placed as checkpoints at various points throughout the race.

THE CANADIAN PRESS

MLB

M's fail to launch offence vs. Astros

Brian McCann and Marwin Gonzalez homered to back a solid start by Lance McCullers and help the Houston Astros to a 2-1 win over the Seattle Mariners on Tuesday night.

McCann's homer off Hisashi Iwakuma (0-1) put Houston up 1-0 in the third inning, and Gonzalez broke a 1-all tie with his solo shot to left-centre in the sixth inning.

McCullers (1-0), slowed by injuries for chunks of last season, allowed one run and five hits while fanning seven in six innings.

Danny Valencia had two hits and drove in a run, the Mariners' only one in two games against the Astros.

THE ASSOCIATED PRESS

TUESDAY In Houston

ASTROS	MARINERS
2	1

HOCKEY IN BRIEF

Canada gets chance to avenge loss to Finland

Finland earned another showdown with Canada at the women's world hockey championship.

The Finns blanked Sweden 4-0 in Tuesday's quarter-final and will face the Canadians in Thursday's semifinals. Finland beat Canada for the first time ever 4-3 in the preliminary round. Russia and Germany met in a later quarter-final. The winner faces defending championship U.S. in the semifinals. THE CANADIAN PRESS

Rask and Bruins blank Bolts, officially return to playoffs

David Pastrnak scored twice, Tuukka Rask stopped 28 shots and the Boston Bruins clinched their first playoff berth since 2014 with a 4-0 win over the Tampa Bay Lightning on Tuesday night.

The Bruins extended their season-high winning streak to six games, but more importantly, by winning in regulation, they guaranteed a return to the post-season after missing out the last two years. THE ASSOCIATED PRESS

NFL

Romo leaves field for broadcast booth

Tony Romo is retiring from the Dallas Cowboys to replace another former quarterback in Phil Simms as lead analyst for CBS.

The network announced Tuesday that Romo will be paired with Jim Nantz on Thursday night and Sunday games next season. The former 10-year starter considered multiple network offers while also deciding whether to keep playing after losing the Dallas job to rookie Dak Prescott last season.

The Cowboys released Romo on Tuesday after delaying the decision to see they could generate interest in a trade.

THE ASSOCIATED PRESS

Tony Romo
GETTY IMAGES

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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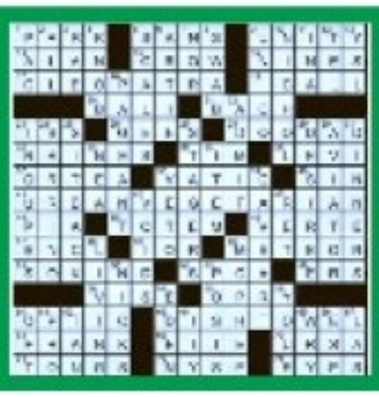

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2	1	8	3	7	9	4	6	5
9	2	1	5	4	7	6	8	3
3	6	5	8	9	2	7	1	4
4	8	7	1	6	3	5	9	2
8	5	3	6	2	1	9	4	7
6	7	2	9	3	4	1	5	8
1	4	9	7	8	5	3	2	6

MAKE IT TONIGHT

Colourful Orange & Beet Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This salad has so many colours and textures, it's like a party on your plate!

Ready in 40 minutes
Prep Time: 10 minutes
Cook Time : 30 minutes
Serves 4

Ingredients
- 3 medium beets, washed and trimmed
- 2 blood oranges, supremed
- 1 head of Boston, bibb or even romaine lettuce, chopped
- 5 or 6 leaves of radicchio lettuce, chopped
- 1 head of Belgian endive, sliced
- 1/3 cup of pecans, chopped
- 1/3 cup of feta, crumbled
- 5 Tbsp white wine vinegar
- 4 Tbsp olive oil
- 2 Tbsp plain yogurt
- 1 tsp dijon
- salt and pepper to taste

Directions

1. Wash, trim and add beets to boiling water. Let simmer 30 minutes until tender. Allow to cool before peeling. The skins should slip off easily but you might need to make a small cut to get it started. Chop into 1 inch cubes, and set aside.

2. Slice a tiny piece off the top and bottom of each orange. Now, take your sharpest knife and cut the rind off. Slice down the orange, following the curve of the fruit, just inside the rind and the pith so you expose the inside of the orange. Working over a bowl, segment the orange. Cut one side of the segment and then the other and the perfect, little skinless piece of orange will pop out.

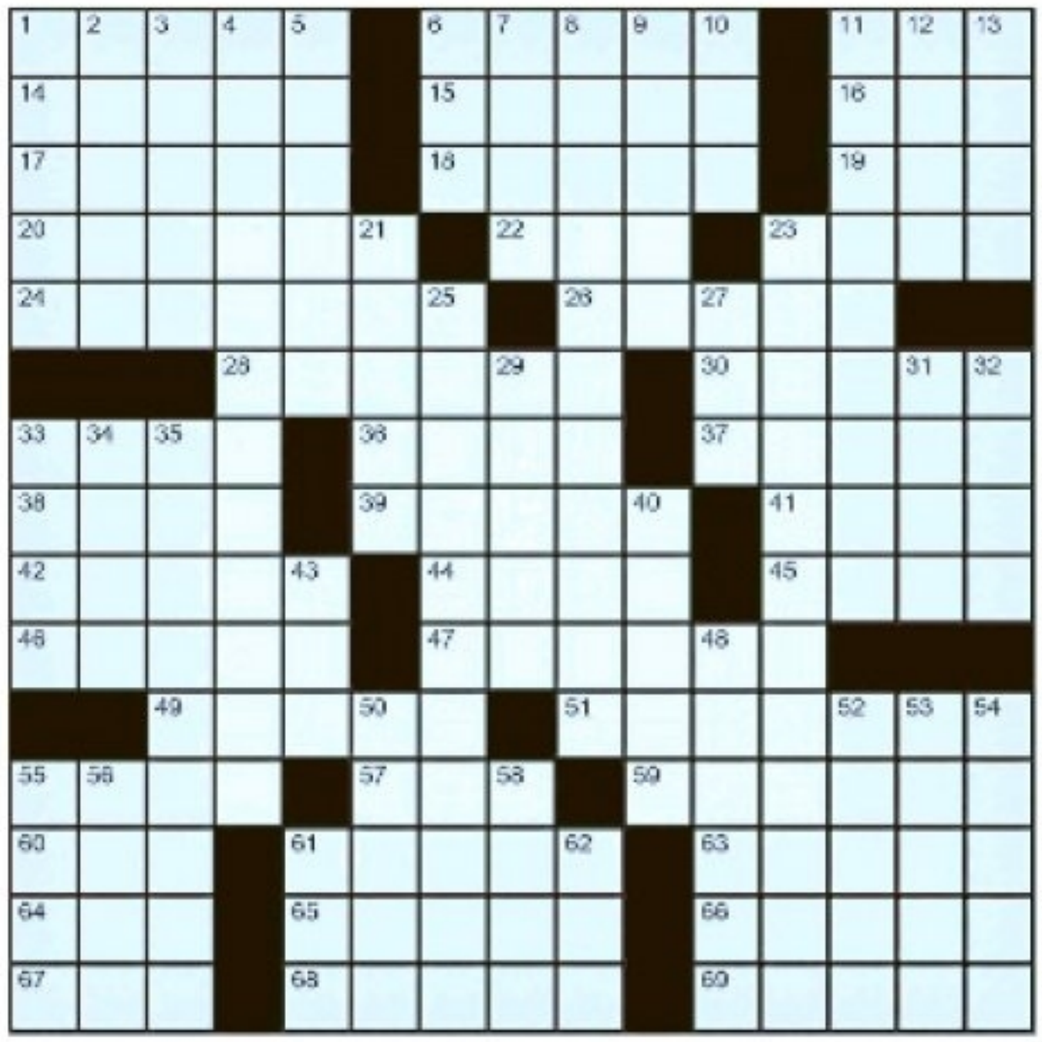
3. Toss lettuces together so you get a nice mix of colours and arrange in your bowl or platter. Scatter beets pieces over. Drain orange pieces, add.

4. Put the final five ingredients in a small bowl and whisk. Dress your salad. Now just sprinkle over with cheese and nuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pulled in the big bucks, __ killing
6. Bee Gees brother
11. Prohibit
14. "__ we all?"
15. Wearer of the black tutu in Swan Lake
16. Have an __ to grind
17. Gadgets brand in vintage TV ads
18. Maria of "ER"
19. Puppy's first learned word
20. Never! ___ bet
22. High sch. math
23. Overlook
24. Land of Oz capital, __ City
26. Way to sing at the Grand Ole Opry
28. Ansel of "The Fault in Our Stars" (2014)
30. Russian model Ms. Shayk
33. Showbiz star Danny
36. Banda __ (City in Sumatra in Indonesia)
37. Gyms, e.g.
38. Entrepreneur Mr. Musk
39. Namesakes of Carlisle Cullen's 'Twilight' wife
41. Small batteries
42. Small sack
44. Froster's target
45. Fails to be
46. Placido Domingo, for one
47. Together
49. Oscar-winner Ms. Garson
51. What the long earrings did
55. Having wisdom
57. Type
59. Parisian 'star'
60. Post-op area
61. Tea of "Madam Secretary"
63. Had the title
64. Racket
65. Chops veggies
66. Boeotian Muse of memory
67. Mr. Asner's grand churches
12. Y-__
13. Brooklyn basketballers
21. Pond buildup
23. 'Aqua' bridal styles: 2 wds.
25. Cowboy/gunfighter played by Kiefer Sutherland in #35-Down: 2 wds.
27. Don't hire a pro, e.g.
29. Supply the crew with more support
31. "Wavin' Flag" by K'__
32. __. DA (Legal drama gig)
33. Held
34. Singer Mr. Blacc
35. 1988 movie set in the Old West: 2 wds.
40. Bristly hairs
43. Charlemagne's li'l domain
48. Tip to 'logy' (Insects science)
50. Farm tune refrain
52. Read between the whats?
53. Fragrant resin
54. Michelle Pfeiffer's actress sister
55. Pancake part
56. Music style, __ rock
58. __ socks
61. Person in charge [abbr.]
62. Medit. Sea land
68. TV weatherman Al
69. Mr. Davis of "I'm Not Rappaport" (1996)

DOWN
1. France: Seine tributary
2. "__ with a View" (1985)
3. Tooth, in Tuscany
4. Adoring opera crowd's request!!: 2 wds.
5. Unkeyed, in music
6. Mr. Kardashian
7. Ancient theatres
8. Emilio Estevez's outlaw in #35-Down: 3 wds.
9. "You stay behind...": 2 wds.
10. Modern
11. Architecturally

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you will work hard to boost your income, because you have moneymaking ideas. You also can see different uses for something you already own.

Taurus April 21 - May 21
You're full of energy today. Hint: If you use your energy solely for your own benefit, your win will be minimal. If you use your energy to benefit others as well as yourself, you win big!

Gemini May 22 - June 21
You will work behind the scenes in secret to subtly bring about change for the better. Start small in order to eventually get big results.

Cancer June 22 - July 23
You can lead others, especially when a group, to do great things right now. People will follow you because of your leadership and enthusiasm.

Leo July 24 - Aug. 23
Your ambition is aroused. You intend to make improvements not only to your world, but also to the world around you. Bravo!

Virgo Aug. 24 - Sept. 23
Don't hesitate to be ambitious about future travel plans, because you have big ideas about where you want to go. You also might have big ideas about getting further education.

Libra Sept. 24 - Oct. 23
If you have disputes with someone about inheritances, wills or shared property today, you will be a strong fighter for your own rights. Now is the time to throw down the gauntlet.

Scorpio Oct. 24 - Nov. 22
Today you might attract someone who is powerful. In the best of all possible worlds, you will work with this person and your combined energy will achieve a lot.

Sagittarius Nov. 23 - Dec. 21
This is a perfect day to introduce reform and improvements where you work. Likewise, you also might see ways to improve your health.

Capricorn Dec. 22 - Jan. 20
You can teach young people and children very effectively today. Romantic partners will be very energetic in expressing their affection!

Aquarius Jan. 21 - Feb. 19
Do what you can to make improvements to your home, because this is possible today. Begin by getting rid of what is no longer useful. Out it goes!

Pisces
Feb. 20 - March 20
You will be convincing in all your conversations with others today, which is why you should think about what it is that you really want to say. This is because others will listen to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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